

To: Jill Myers, Town Manager

From: Marsha Petrillo, Director

Re: Senior Center Monthly Report

The Senior Center is pleased to submit the following report for the month of **August, 2007:**

Governor Patrick signed the new FY 08 budget to include a continuous open enrollment for Prescription Advantage. This is great news because now our seniors do not have to wait for a formal open enrollment period to sign up for Prescription Advantage. As you know, Prescription Advantage is a state-sponsored prescription drug insurance plan for Massachusetts seniors and disabled residents who meet eligibility requirements. For people on Medicare, Prescription Advantage helps pay Part D Prescription Drug Plan costs. For people not on Medicare, the program allows members to buy a wide range of prescription drugs at a reduced cost.

To be eligible for Prescription Advantage, you must be a Massachusetts resident who is 65 years or older; or a Massachusetts resident under 65 who is disabled. Please contact Mary Rice, Outreach Coordinator, at 508-278-8622 to enroll. We will be happy to assist you.

Special Welcome: Susan White- Administrative Assistant

We are happy to announce and welcome Susan White as our new Administrative Assistant. Susan will work Monday-Thursday from 8:00 am to 12:00 noon and on Friday from 8:00 am to 11:00 am. If you are in need of transportation for medical appointments, grocery shopping or for lunch pick up, please contact Susan at 508-278-8622 and she will be glad to schedule your appointment. We also invite you to come to the Center and meet Susan personally. We are happy to have her join our team!

Good Luck Ellen Mayo

We also want to extend our very best wishes to Ellen Mayo as she begins her new full time position in the Uxbridge Treasurer's Office. Thank you Ellen, for all that you have given to us over the past year. We hope you will join us for lunch as often as your schedule allows. Seniors, don't forget to stop by and see Ellen at tax time!

Repairs to Senior Center Van

The Senior Center van broke down on Friday, August 3rd. Lav's towed it to Channings and it was determined that it needed a new starter. Channings serviced the van and we had it up and running for Monday morning without interruption of services. We also had

the wheelchair lift battery box re-made as it was completely rotted. The total cost for repairs to our van amounted to \$312.33. This amount was paid from our donations account.

A Special Lunch n Learn

SCO Senior Care Options – Friday, August 17th @ 11:30 am - Lunch n Learn with Bob Guerino, Masshealth Operations, Myrlande Guillaume, Assistant Director to the Mass Health Coordinated Care System, John Baackes, CEO Senior Whole Health, Richard Segan, Regional Executive Director, New England for EVERCARE and Ed Roth, Regional Director for SHINE . The State of Massachusetts has contracted with EVERCARE and SWH to administer MassHealth and provide additional benefits for individuals with MassHealth standard. The Senior Center hosted a special Lunch n Learn with 30 people in attendance to learn more about SCO (Senior Care Options). The Senior Center will invite EVERCARE Reps and SWH Reps back to the Center to speak about other new plans available for seniors with chronic illnesses. Some of the new plans are currently offered with \$0 premiums representing a tremendous cost savings to seniors. Chief Albin tapped the discussion for those who were unable to attend and it has been running on cable access. We urge citizens to call us to learn more about these new cost savings plans.

Summer Wellness Programs offered during the month of August with Sandra Waite, Fitness Instructor and Faith Kennedy, Tai Chi Instructor

The Senior Center will offer Mat Pilates for Seniors and Friends on Tuesdays from 3:30 pm to 4:30 pm. Mat Yoga is offered on Thursday from 3:15 pm to 4:15 pm. Tai Chi classes are offered every Monday beginning at 10:30 am. While our wellness programs are offered free of charge to senior citizens and their friends, we do request a voluntary donation of \$3.00 per class per person to help cover the costs for running these special programs.

DONATION REMINDER: If you would like to make a monetary donation to the Senior Center, we ask that you make all checks and money orders payable to: THE TOWN OF UXBRIDGE. Monetary donations, payable to the Town of Uxbridge, will be deposited weekly into our donations and gift account. Please know that your donations will be used to help fund educational programs, special events, and additional services offered only at the Senior Center. If you have any questions about how to make donations to the Uxbridge Senior Center please do not hesitate to call me at 508-278-8622. We are grateful for your donations and appreciate your continued support.

COMPUTER CORNER

Computer classes are offered on Wednesday afternoon beginning at 3:30 pm. Please call Marsha at 508-278-8622 to enroll.

GROCERY SHOPPING:

Attention Uxbridge Seniors: Do you need transportation to the grocery store? Did you know that we travel to Hannaford Market every Tuesday and Wednesday morning? Please contact our Transportation Coordinator, Joe Rondeau, @ 508-278-8622 to make your reservation on the van. Pickup begins at 8:30 am.

IMPORTANT NOTICE: The Tuesday night NAMI Support Group will pause for the summer months of June, July and August. The group will resume meeting at the Senior Center on Tuesday, September 4, 2007 at 7:00 pm. Please call Connie or Jim at 278-9833 if you have any questions or need more information about this important support group. This group offers support to individuals who have loved ones diagnosed with mental illness.

The Senior Club will take a summer break for the months of June, July and August and resume their meetings on Wednesday of September 12th at 1:30 pm. The Senior Club meets on the second and forth Wednesdays each month.

August 2007 - UPCOMING EVENTS

Pitch Party Every Monday Night:

August 6, 13, 20 & 27. Pitch begins @ 6:30 PM ~ \$2 donation. We are always looking for new participants. We have a big comfortable Center. Just right for playing cards together. Stop by and check us out. We offer 1st, 2nd, 3rd prizes, Door Prizes, and fun, fun, fun! Coffee and complimentary refreshments served each week.

Tuesday Afternoons 1:30 – 4:00 PM:

Come join us for an afternoon of card playing every Tuesday at the Uxbridge Senior Center. Contact Rita @ 278-2824 for more information about this card group. All are welcome!

. Thurs., Aug. 2nd:

SHINE Representative Mary Rice will be on hand from 9:00 am to 11:30 am to answer your medical and insurance questions. Please call Mary at 508-278-8638 to schedule an appointment to discuss Prescription Advantage, MassHealth Buy-In, Evercare, SCO, Fallon and Medicare Part D.

Sun., August 6th:

The UNNC will meet at 7:00 pm. Call Julie Blehyl, UNNC President @ 278-9994 for more information about this fun group.

Thurs., Aug 9th:

Super Wal-Mart Shopping –We have maps of the Wal-Mart floor plan to help you find your way through this super store! Each department is listed including the grocery store. Pickup begins @ 8:30 AM – You must call each month to reserve your seat to Wal-Mart. Sorry, we cannot save your seat from month to month. Please call if you can't make it so the next person can jump aboard from our waiting list. Thank you!

Sat., Aug 25th:

SERVE New England: Distribution begins @ 10:00 AM Call 1-888-742-7363 or go online to www.serve-newengland.org to learn how you can save up to 50% and more on high-quality, fresh foods.

REMINDER: Transportation to and from medical appointments is available at the Senior Center. Call ahead, as soon as you book your next appointment. It is never too early to book an appointment. If you are willing, we will gladly reschedule your appointment if there is a conflict. Call us at 508-278-8622 to make your medical appointment reservation.

AUGUST MENU - We invite you to come and join us for lunch beginning at 12 noon daily. Let us know how you like our new meal selections. Please call Carrie Walden, Nutrition Site Manager, 48 hours in advance to reserve your meal. Carrie can be reached @ 508-278-7609. \$2 Donation per meal - \$3.50 ages 59 and under.

The menu includes milk and margarine. Menus are subject to change.
Reservations must be made 48 hours in advance.

- 8/1 Spaghetti & Meatballs
- 8/2 Chicken Francese
- 8/3 Beef Teriyaki
- 8/6 Pork Supreme w/mushroom sauce
- 8/7 Honey Baked Chicken
- 8/8 Kielbasa & Roll
- 8/9 Stuffed Peppers
- 8/10 Baked Fish w/newburg sauce
- 8/13 Chicken Picatta
- 8/14 Meatloaf & Gravy
- 8/15 Salmon Boat w/Dill Sauce
- 8/16 Roast Turkey
- 8/17 Chicken Florentine
- 8/20 Beef & Bean Chili
- 8/21 Pot Roast Stew

8/22 Buttermilk Chicken
 8/23 Seafood Salad
 8/24 Veggie Cheese Bake
 8/27 BBQ Chicken
 8/28 Italian Casserole
 8/29 Garden Swiss Steak
 8/30 Roasted Chicken
 8/31 Potato Crunch Fish

REMINDER: The Uxbridge Senior Center is a cool down center in the extreme heat. We have plenty of room and offer movies, books, puzzles and games. Bring your friends and get the party started! Please call us at 508-278-8622 if you need transportation to our center. We will be happy to assist you. Have a happy and safe summer.

Outreach Report

Our Outreach Coordinator works 15 hours each week and is available on Tuesdays and Wednesdays from 9:00am – 3:00 pm and Thursdays from 8:00 am to 11:00 am.

Office Visits	22	Home Visits	1
Nursing Home Visits	2	Wakes & Funerals	1
SMOC Recerts & New Applications	3	Telephone calls in & out	101
Medical Appointment	2	Cards sent	10
Worked on FY 06 Formula Grant Numbers	5 hrs.	SHINE Meeting	1

Monthly Stastical Data

The following statistics represent the number of individuals using our transportation services, meals on wheels, luncheon attendance and attendance at our various programs for the month of **August, 2007:**

Van Transportation	340	Medical Transportation	66
Tai Chi	23	Card Games/Pitch	167
Meals on Wheels Delivered	1,158	Weekend meals/frozen delivered	26
Congregate Meals Served	381	Total Meals Served	1,565
Cash Turnovers	\$806.79	Phone calls in & out	635+
Guestbook	604+	Super WalMart	14
Cards sent to elders	32	SCO Luncheon	30
Pilates, Line Dancing, Cardio & Yoga	12	Hannaford	75

Lunch attendance	190+	CVS	25
Bank/Other	22	Uxbridge Firefighters Luncheon	75
Computer Classes	13	Podiatrist Clinic	4

Respectfully Submitted,

Marsha E. Petrillo, Director